

Region Commander Safety Message #3



Winter Safety Alert

The purpose of this Winter Safety Message is to provide food for thought for the winter months ahead and to ensure the safety of Soldiers, cadets, civilian employees, and their family members. This campaign will target two areas that usually account for increased accidents and injuries: cold weather and fire/carbon monoxide hazards. Eastern Region Safety Office will use several resources, i.e., Cadet Command Safety Office, Fort Knox Safety Office, Safety Alerts, and safety councils to provide winter safety information in a timely manner. You are encouraged to use this information to support and enhance pre-holiday briefings and winter season safety training plans.

COLD INJURIES

SUSCEPTIBILITY FACTORS: Previous cold weather injury, inadequate nutrition, alcohol, nicotine use, dehydration; overactivity (sweating), underactivity, long exposure to the cold, sick or injured, acclimatization, ethnic/geographic origin, wind, cold, rain, age, discipline and morale, physical stamina, inadequate training, and poor clothing and equipment.

TYPES: Hypothermia, frostbite, chilblains, immersion/trench foot, dehydration, snow blindness, and sunburn.

PREVENTION: Eat properly, layer clothes worn loosely, stay dry, buddy watch, don't massage or rub, prevent further exposure, dry carefully, do not break blisters, rewarm by exposing to warm air, drink water or other warm liquids, remove from sunlight, blindfold both eyes.

SYMPTOMS: Shivering; confusion; slurred speech; redish or grayish skin; tingling; stinging; numbness; swollen, itchy, tender skin; dark urine; headache; lack of appetite; inflammation and sensitivity of the eyes.

TREATMENT: Prevent further cold exposure, evacuate immediately, remove wet clothing, rewarm with body heat, do not massage affected parts or rub with snow, do not break blisters, clean and wrap loosely, sip water, do not eat snow, rest, blindfold both eyes or cover with cool wet bandages, remove from sunlight, utilize sunscreen and take ibuprofen for pain.

CARBON MONOXIDE POISONING

PREVENTION: Ensure proper ventilation, don't use unvented heaters or engines, never sleep in vehicle with engine running, and install carbon monoxide monitors at home.

SYMPTOMS: Weakness, ringing in ears, excessive yawning, headache, confusion, and nausea.

TREATMENT: Move to fresh air immediately and seek medical aid promptly (this is an emergency).


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